DOCUMENT RESUME

ED 365 627 SP 034 868

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| TITLE | Personal Safety and the Healthy Hare Family Coloring & Activity Book for Grades 2-3. |
| INSTITUTION | Ohio State Dept. of Health, Columbus. |
| PUB DATE | Sep 90 |
| NOTE | 20p.; For other booklets in the series, see SP 034 866-870. |
| AVAILABLE FROM | Ohio Health Promotion Network, Ohio Department of Health, P.O. Box 15278, Columbus, OH 43215 ($0.25). |
| PUB TYPE | Guides - Classroom Use - Instructional Materials (For Learner) (051) -- Guides - Classroom Use - Teaching Guides (For Teacher) (052) |
| EDRS PRICE | MF01/PC01 Plus Postage. |
| DESCRIPTORS | *Enrichment Activities; Grade 2; Grade 3; *Health Activities; Health Education; Health Materials; *Health Promotion; Learning Activities; Primary Education; *Safety Education; Workbooks |
| IDENTIFIERS | Coloring Books |

ABSTRACT

This activity and coloring booklet has been designed to supplement health lessons on safety issues for students in grades 2-3. Some of the activities are quite simple and require very little instruction and direction, while others are more difficult and require careful explanation prior to completion. The level of difficulty of the activities is varied in order to create both simple and challenging instruction for the students. The level of reading for some of the activities is a little more difficult due to the nature of the concepts that are being taught. Activities are provided under the following headings: in case of emergency; seat belt safety; bicycle safety; safety rules for walking; backyard safety; water safety; Halloween safety; fire safety; a home fire escape drill; household safety; poison safety; and personal safety. Activities include coloring and reading activities and such exercises as mazes, matching, decoding, and crossword puzzles. The materials may be reproduced as needed. (LL)

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ED 365 627

OHIO DEPARTMENT OF HEALTH

# PERSONAL SAFETY AND THE HEALTHY HARE FAMILY

U.S. DEPARTMENT OF EDUCATION
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## Coloring & Activity Book for Grades 2 - 3

SP034868

Dear Teacher:

This activity book has been designed to supplement your health lessons on safety issues. The book is not a substitute for instruction. Some of the activities are quite simple and require very little instruction and direction, while others are more difficult and require careful explanation prior to completion. The level of difficulty of the activities is varied in order to create both simple and challenging instruction for the students. The level of reading for some of the activities is a little more difficult due to the nature of the concepts that are being taught.

The materials in this activity book may be reproduced as needed.

Sincerely,

Joyce Hersh

Joyce Hersh
Division of Health Promotion
and Education

# IN CASE OF EMERGENCY

It is important to know who to call in an emergency and what to do. You can dial "0" for Operator in an emergency. Or your area may use the "9-1-1" system for emergencies. Or you can also call the fire department or the police department.

Have a parent help you check the telephone directory for fire and police telephone numbers. Print the numbers here.

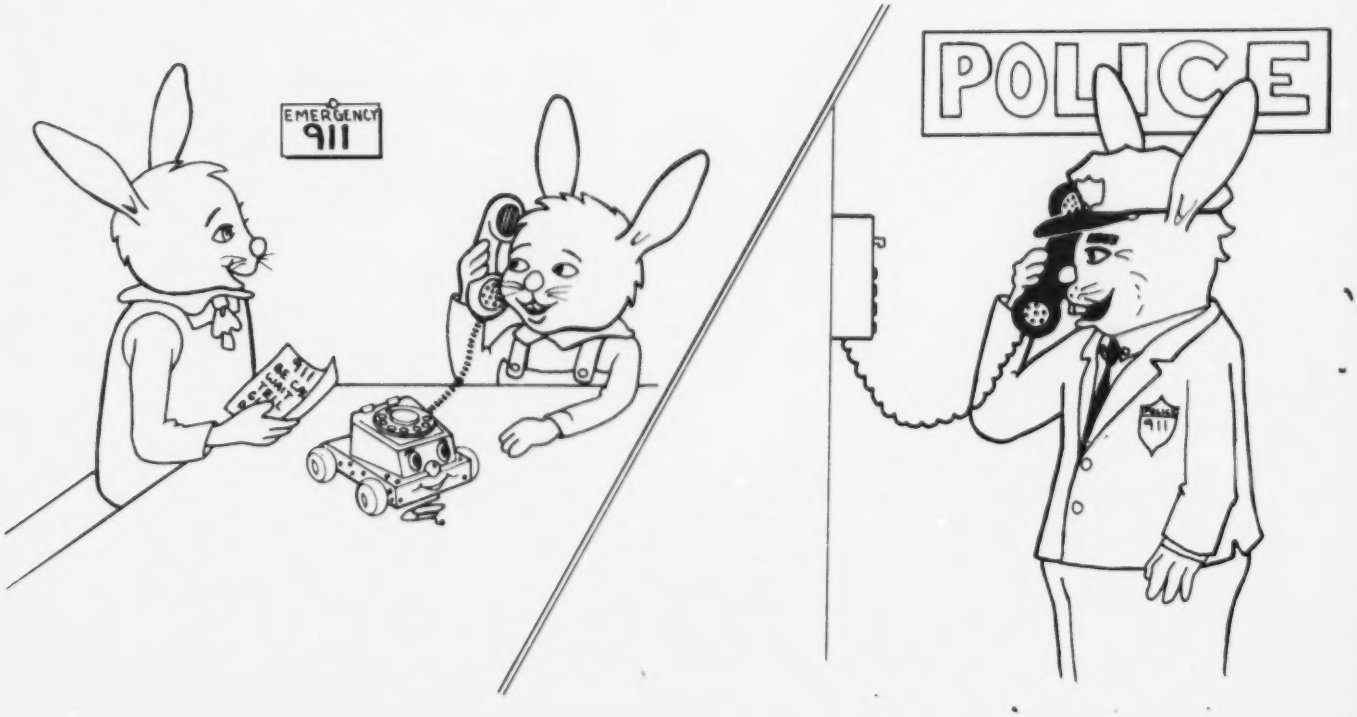
_____ POLICE

_____ FIRE

If you need to get help by using the telephone, here is a list of tips. Practice these things with a toy telephone.

1. BE CALM.
2. WAIT for the dial tone. DIAL "9-1-1" or 0 for Operator.
3. TELL the emergency person what is wrong. SPEAK CLEARLY.
4. GIVE your name, address, and telephone number.
5. DON'T HANG UP until the other person hangs up.

Here is a picture of Herman and Henrietta using a toy telephone pretending to talk on the phone to the police department. Color the picture.



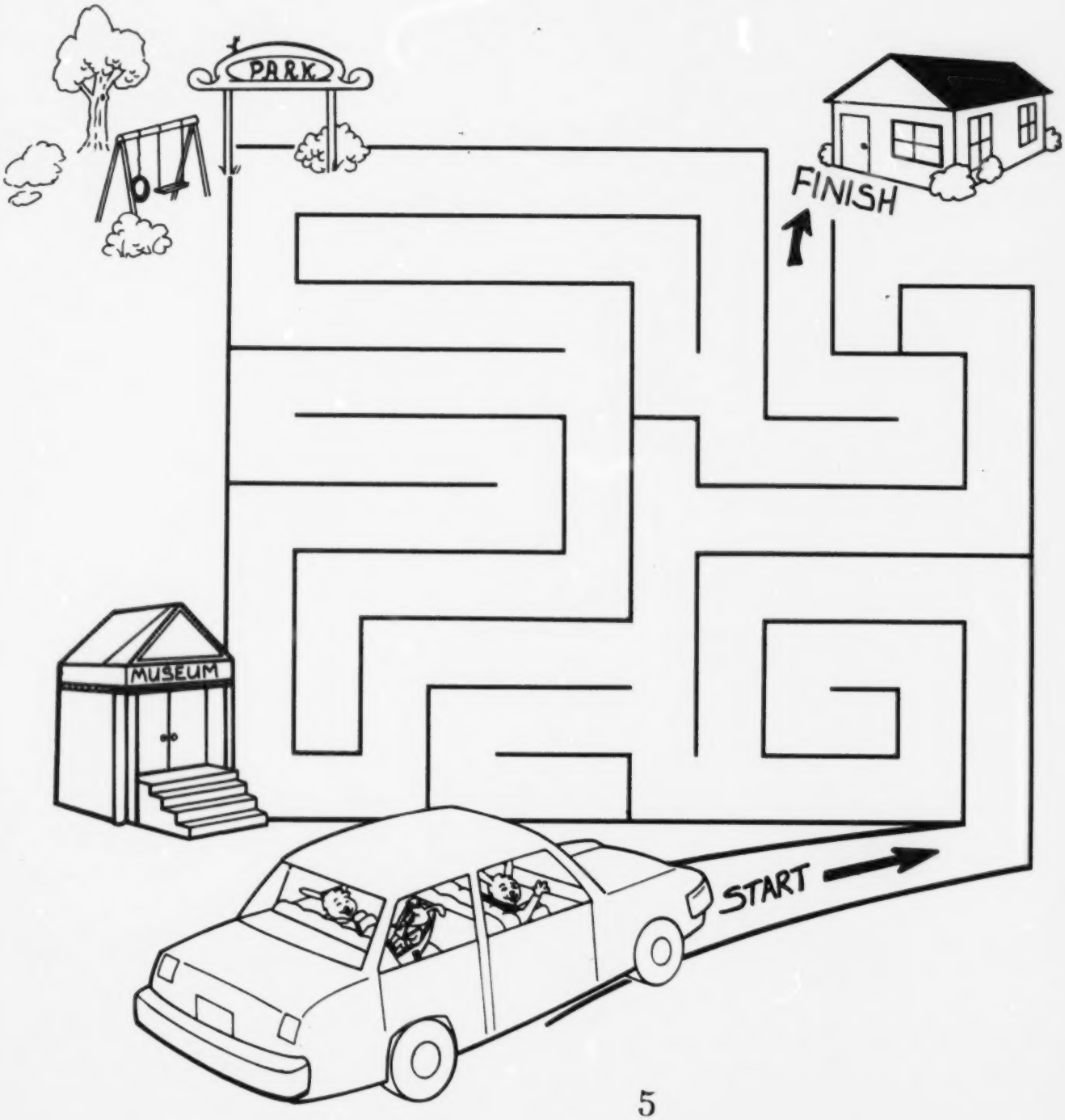



1.

# SEAT BELT SAFETY

It is important to wear a seat belt EVERY TIME you ride in a car. The right way to wear a seat belt is fastened tightly across your lap and hips. A special strap may come across your shoulders. The Healthy Hare Family always wears seat belts in the car. Do you?

Help the Healthy Hare Family go for a ride to the museum and park and then home safely.






2.

# BICYCLE SAFETY

When you buy a bicycle make sure it is not too tall.
Your feet should be able to touch the street,
When you are sitting on the seat.

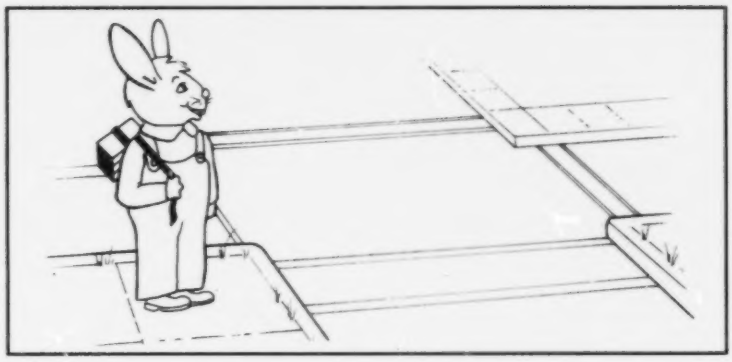
When you are riding your bike, you should wear a helmet.
It should be the kind that is like a hard shell.
Helmets help keep you safe and well.

Stop to look both ways before going on to the street.
If there is not any traffic, then be on your way.
When you look both ways, you're sure to have a safe day.

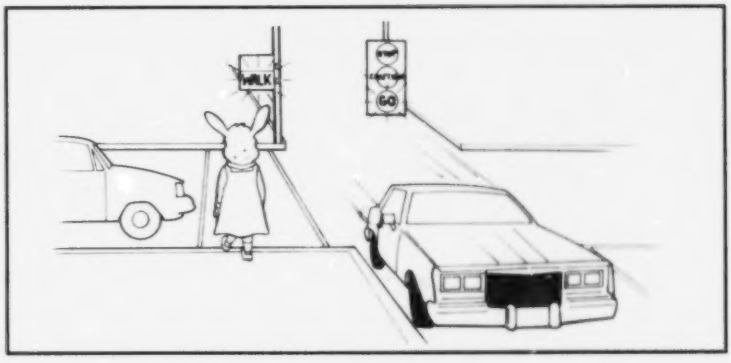
Color the picture of Herman and Henrietta riding their bicycles while they cross the street.

# SAFETY RULES FOR WALKING

1.) Cross the street at a crosswalk or at a corner.

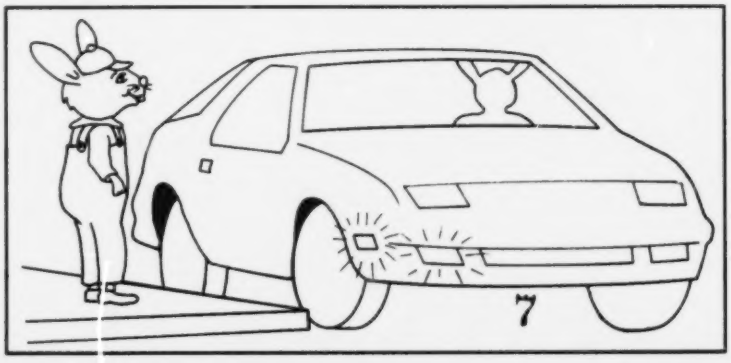


2.) Wait for the proper signal to cross the street.

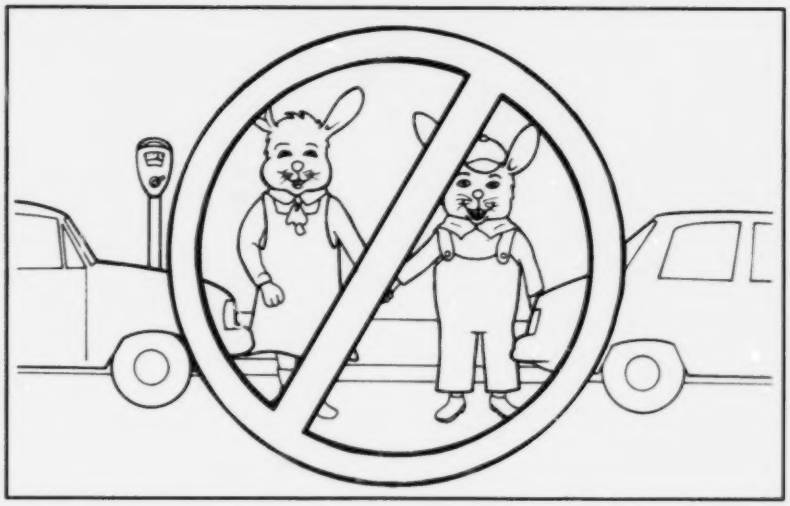



3.) Look both ways before crossing the street. Look left, right, and then left again.

4.) Be alert for cars turning at corners.

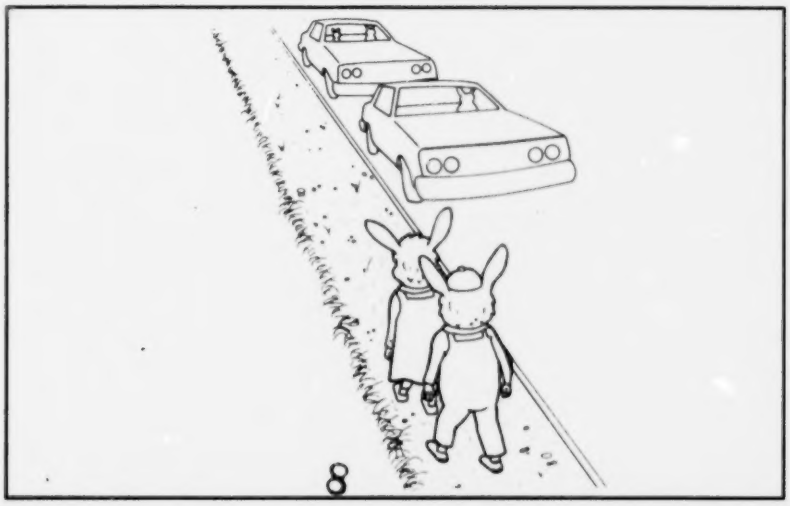


5.) Never walk into the street from between parked cars.



6.) Stay on the sidewalk whenever you can.

7.) If there is no sidewalk - walk on the left of the street facing the cars and trucks.



# BACKYARD SAFETY

Playing outdoors is fun when you play safely. There are some simple rules you need to follow in order to be able to play safely. Match each picture with a rule and then color the pictures.

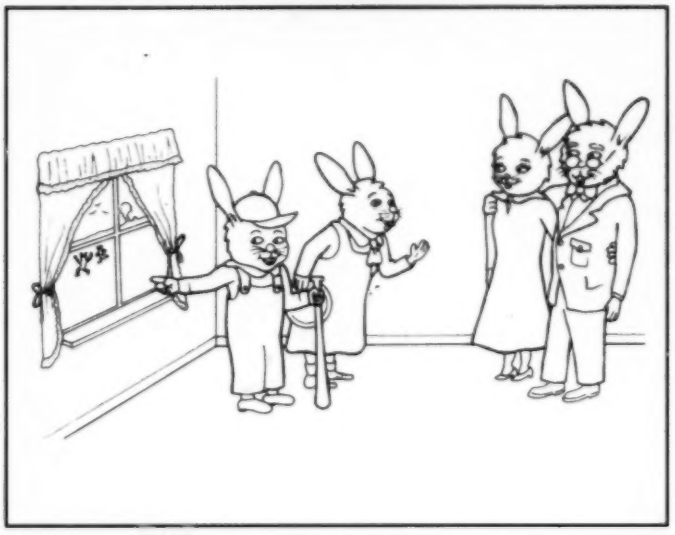
1. Ask your mom or dad if you can play outdoors.

2. Play in a safe area away from traffic.

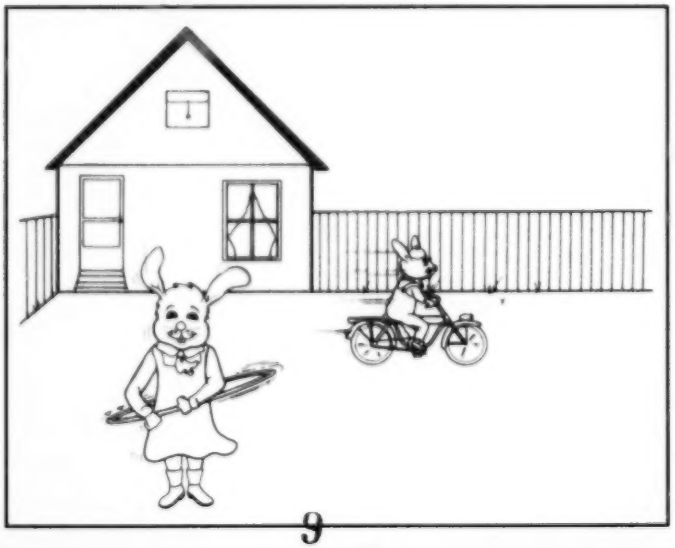
3. Do not eat plants or wildberries.

a.

b.



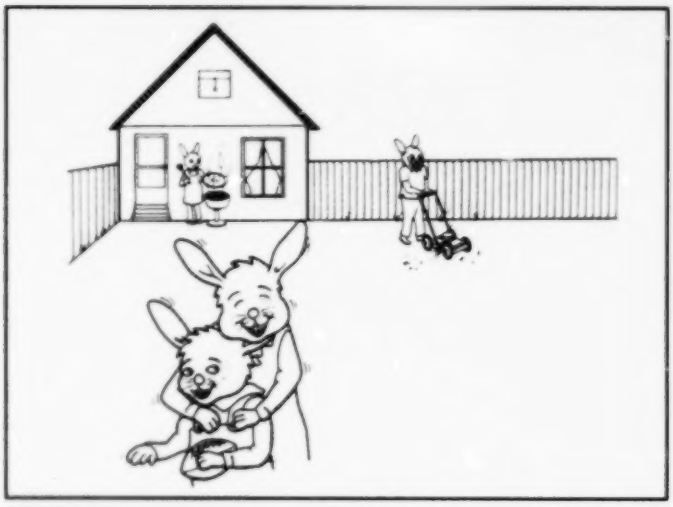
c.



6.

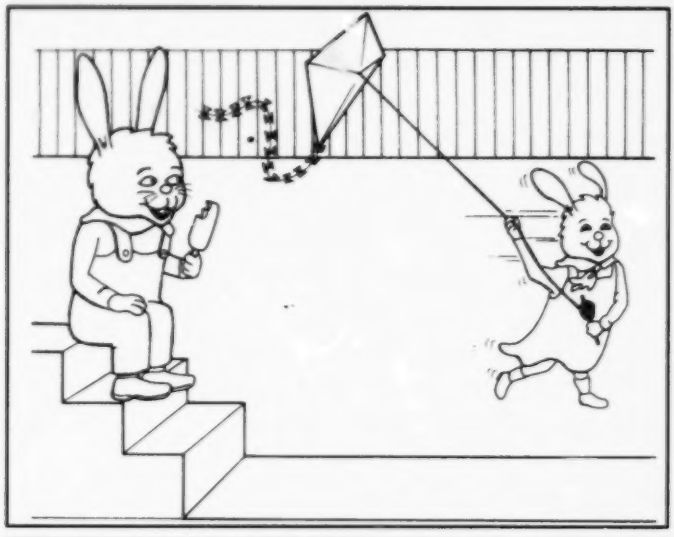
4. Never run with anything in your mouth or sharp objects or sticks in your hand.

d.



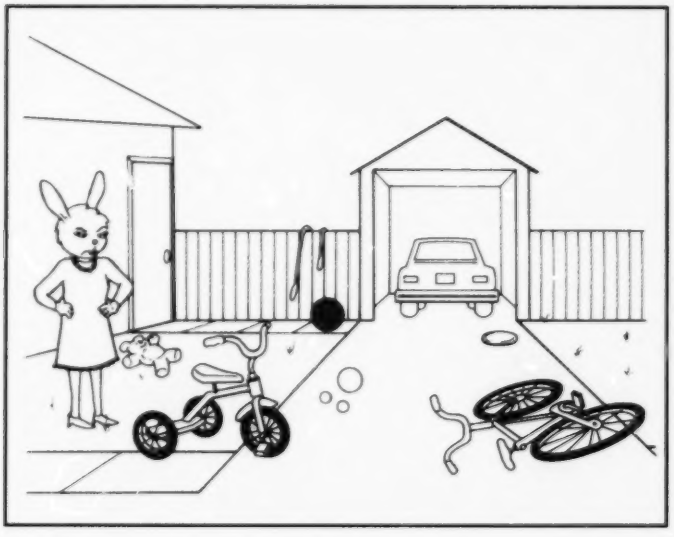
5. Stay away from lawnmowers and cooking grills.

e.



6. Do not leave bikes or toys on sidewalks or driveways.

f.





**Answers:**

1. - b. 2. - c. 3. - a. 4. - e. 5. - d. 6. - f.

# WATER SAFETY

Use the secret code below to find out how to be a safe swimmer.

A = 1 B = 2 C = 3 D = 4 E = 5 F = 6 G = 7 H = 8 I = 9 J = 10 K = 11
L = 12 M = 13 N = 14 O = 15 P = 16 R = 17 S = 18 T = 19 U = 20 V = 21
W = 22 Y = 23 Z = 24

8. 11

1. ___ ___ ___ ___ ___ ___ ___ ___ to swim.
   12 5 1 17 14 8 15 22

2. Always swim with a ___ ___ ___ ___ ___.
   2 20 4 4 23

3. Make sure an ___ ___ ___ ___ ___ is ___ ___ ___ ___ ___ ___ ___.
   1 4 20 12 19 16 17 5 18 5 14 19

4. Stay in your ___ ___ ___ ___ ___ ___ ___ ___.
   18 22 9 13 1 17 5 1

5. Never ___ ___ ___ ___ into shallow or unknown water.
   4 9 21 5

6. Always ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___
   15 2 5 23 12 9 6 5 7 20 1 17 4 18
   or adults in charge.

7. Stay out of the water at night or ___ ___ ___ ___ ___ ___ ___
   4 20 17 9 14 7 1
   ___ ___ ___ ___ ___.
   18 19 15 17 13

8. If you eat a meal, ___ ___ ___ ___ ___ ___ ___ ___ ___ ___
   22 1 9 19 1 22 8 9 12 5
   before going in the water.

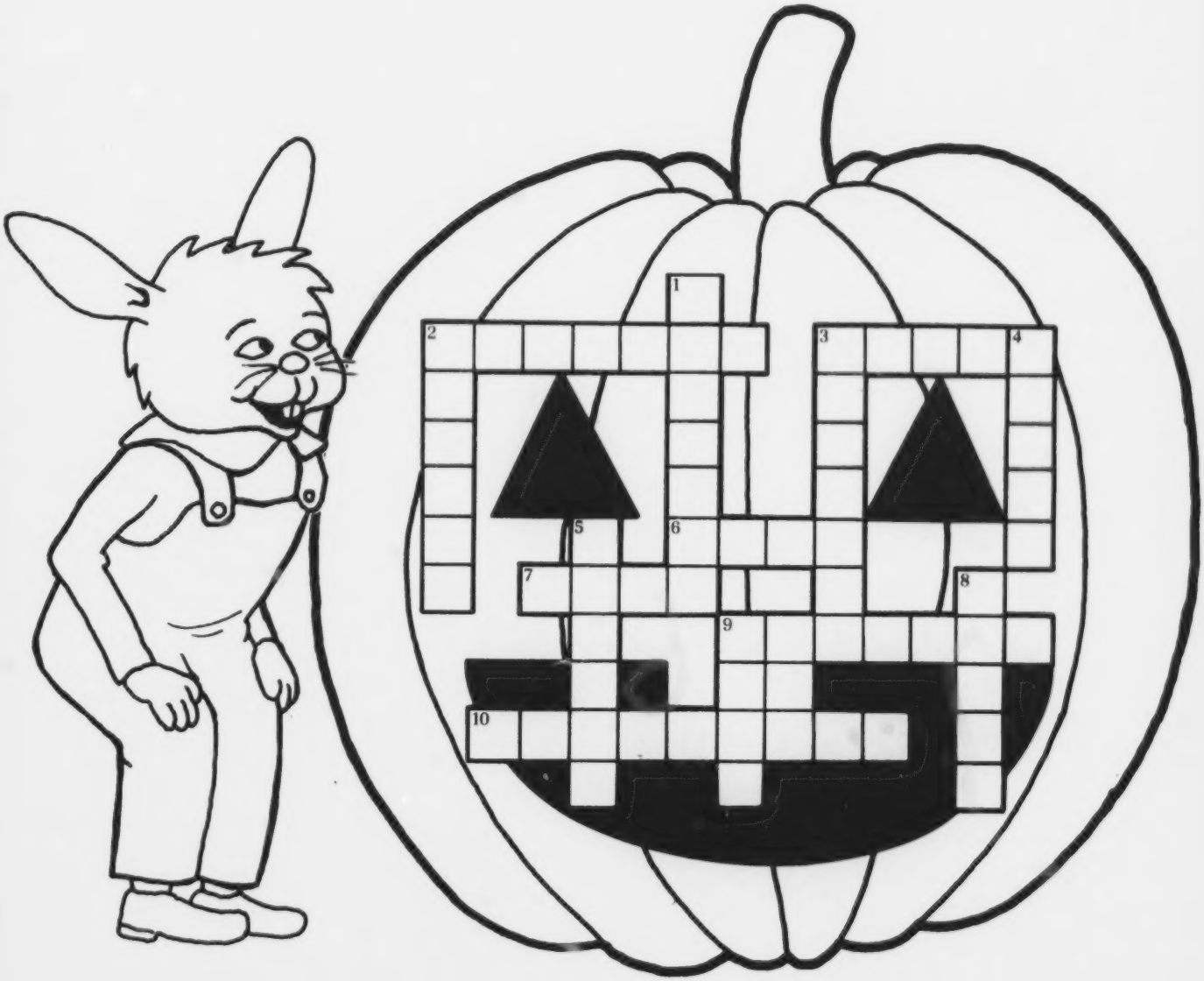
9. If you go boating, always go with an adult, wear a ___ ___ ___ ___
   12 9 6 5
   ___ ___ ___ ___ ___ ___, and stay in your seat.
   10 1 3 11 5 19

**Answers:**

9. (1. learn how 2. buddy 3. adult, present 4. swim area 5. dive 6. obey lifeguards 7. during a storm 8. wait a while 9. life jacket)

# HALLOWEEN SAFETY

Halloween is the children's night for "Trick or Treat", "Ghosts and Goblins", and "Haunts and Horrors". Help Herman solve the puzzle below to learn how to be safe on Halloween.






10.

**Across**

2. " _____ - _____ - treat" with safety in mind!
3. Wear a costume that does not catch on fire easily. Remember, even if a costume is flame - _____ , it can still catch on fire.
6. If you wear this to cover your face, make sure it has large eyeholes so you can see clearly.
7. Use reflective _____ to put on your costumes and make them glow in the dark.
9. Keep the Jack O' _____ in a safe place so no one trips over it or knocks it over.
10. This October holiday is a time for costumes, treats, and safe tricks.

**Down**

1. You wear this so people cannot tell who you are. Make sure it is not too big and loose, or dark and hard-to-see.
2. An adult should check your _____ very carefully with you before you eat them.
3. Carve a face on this orange fellow and light him safely with a flashlight.
4. If you are out when it is dark, you should carry a _____ light to help you see.
5. This is made from wax and a wick and then lit with a flame. Be careful where you place one of these.
8. Witches ride this, moms sweep with it, and you should make sure it is stored away when not in use, so that no one trips over it.
9. At night this patch of grass can be slippery. Do not run on it.

Here is a picture of Herman and Henrietta wearing their safe Halloween costumes. Please color the picture.

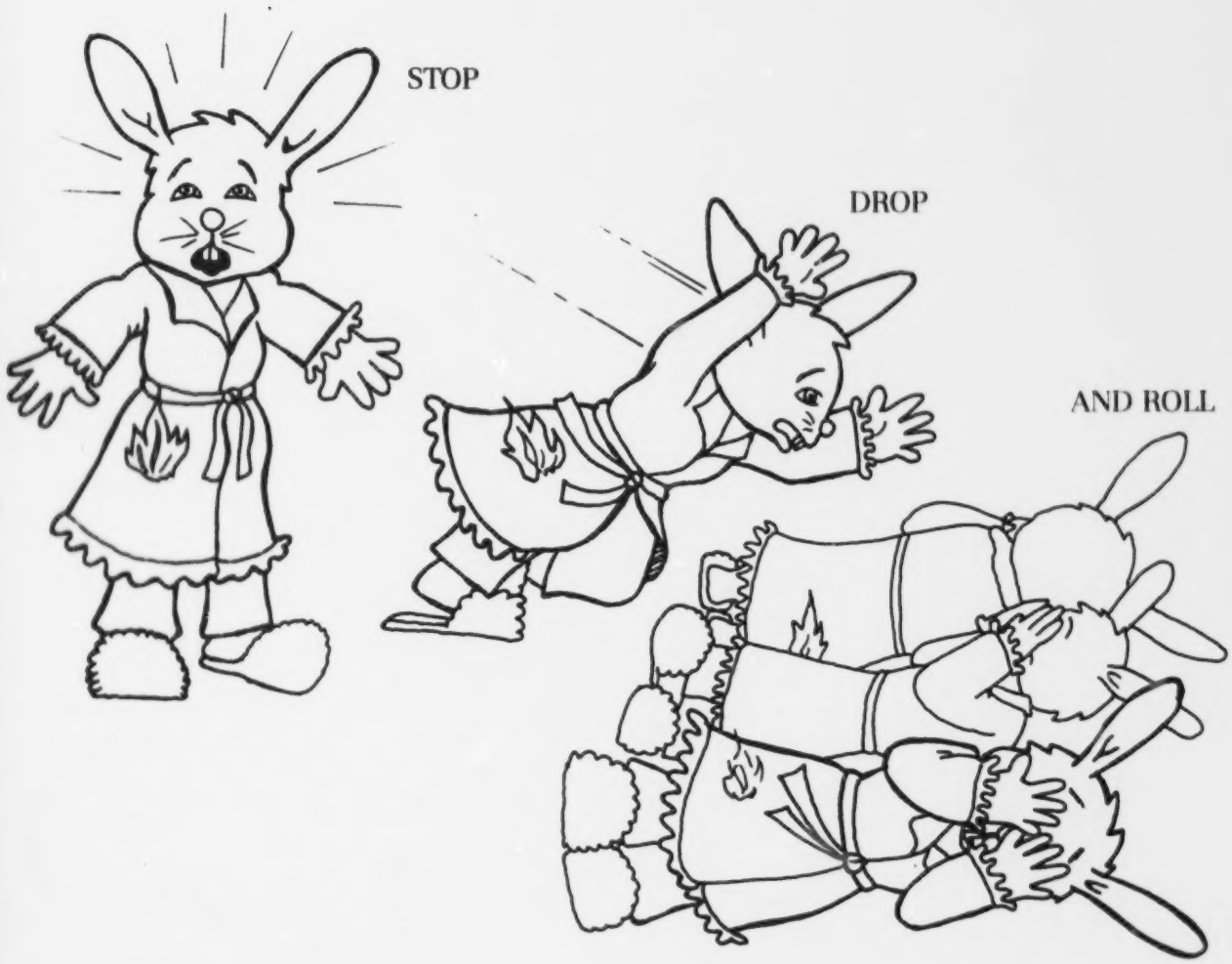
**Answers:** 14



(ACROSS: 2. Trick or; 3. proof; 6. mask; 7. tape; 9. lantern; 10. Halloween DOWN: 1. costume; 2. treats; 3. pumpkin; 4. flash; 5. candle; 8. broom; 9. lawn)

# FIRE SAFETY

If your clothes catch on fire...




You can learn this simple rule by doing it over and over again. (This is called practice.) Pretend that your clothes are on fire. Stop, drop, and roll. Cover your face with your hands (unless your sleeves are on fire). Following this rule is easy and it could prevent you from being badly burned.

REMEMBER: If your clothes ever catch on fire, DON'T RUN! This is why:
(Fill in the missing letters.)

Running will fan the F___ A___ E ___ and can make them

B ___ ___ N more QU___ ___ ___ LY.

**Answers:**
( flames; burn; quickly )



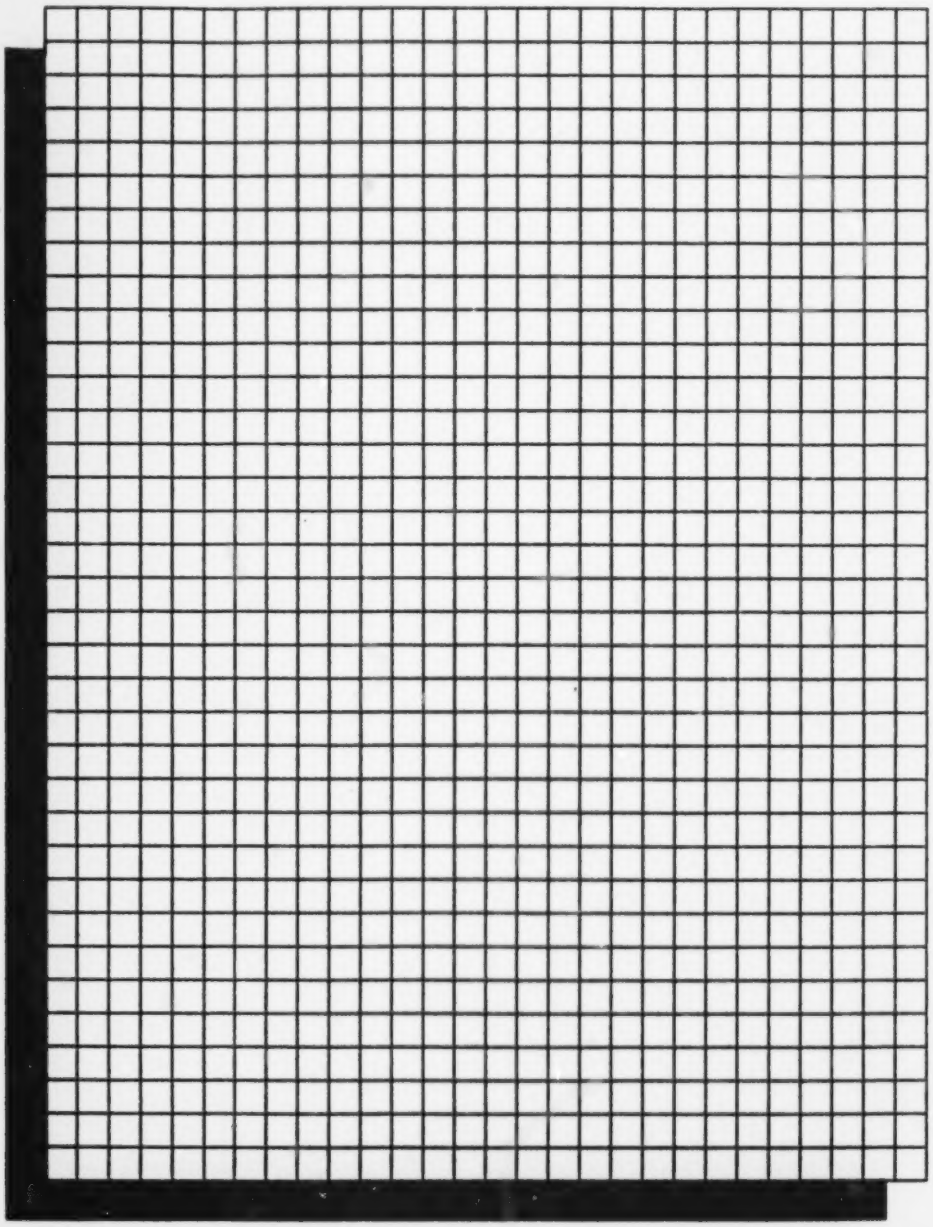
12.

# HOME FIRE ESCAPE DRILL

Every household should practice the Home Fire Escape Drill. The Home Fire Escape Drill helps families practice **two** escape routes out of the house if there is a fire. One route is through the hallways and stairs, while the other route is through windows or roof tops.

Draw a fire escape plan. Have your parents draw the floor plan of your home. Mark all the doors and windows. Mark the way out of each main room and two ways out of the house. Practice this plan.

Draw a fire escape plan:

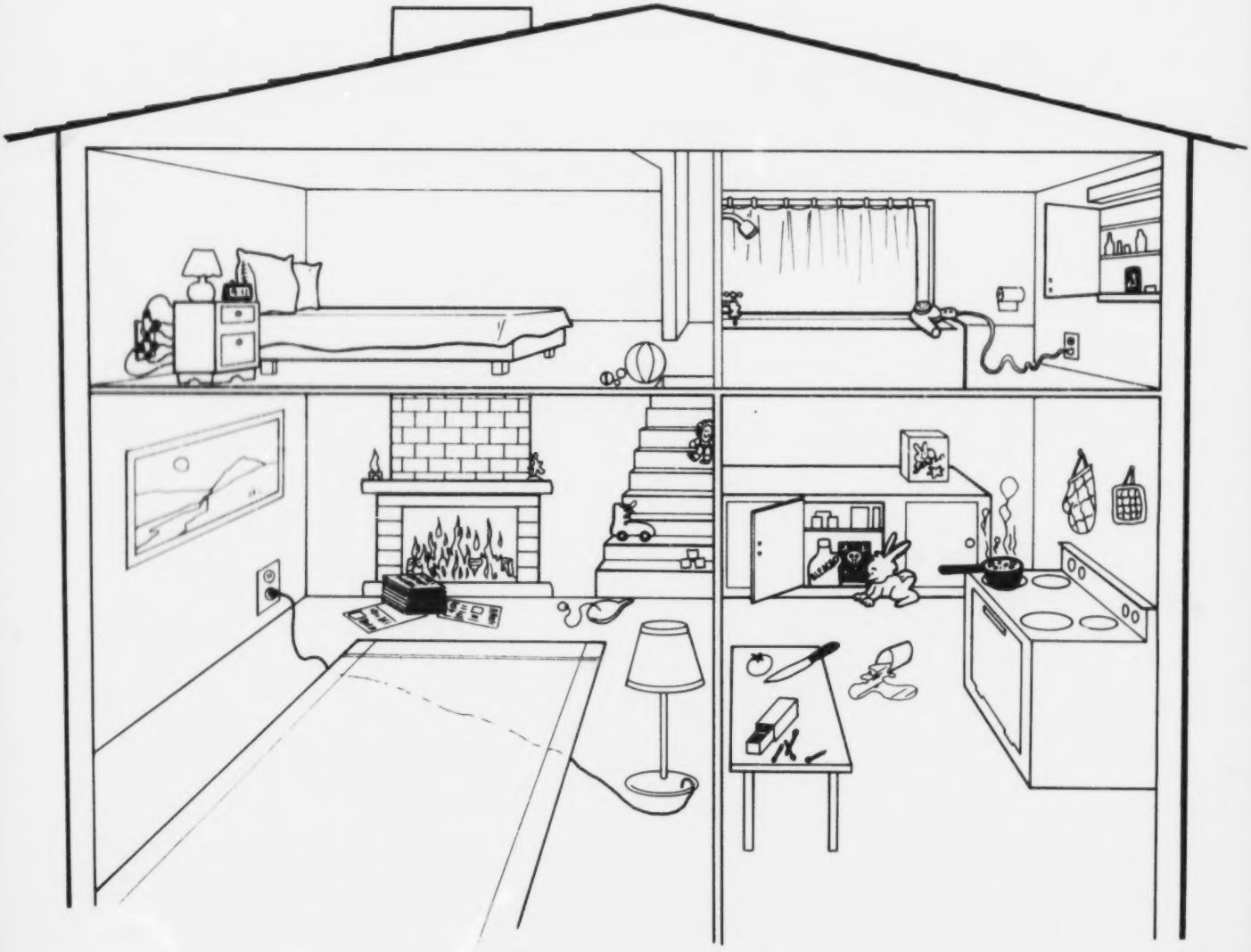


Here are some rules you need to remember in case of a fire:

1. Yell or pound on the walls to let other family members know there is a fire.
2. Crawl to the door on your hands and knees to avoid smoke.
3. Feel the door for heat before you open it.
4. Use a different exit if the door is too hot.
5. LEAVE THE HOUSE QUICKLY AND CALMLY.
6. Once you are out of the house, STAY OUT.
7. Go to the place outdoors where everyone is to meet.

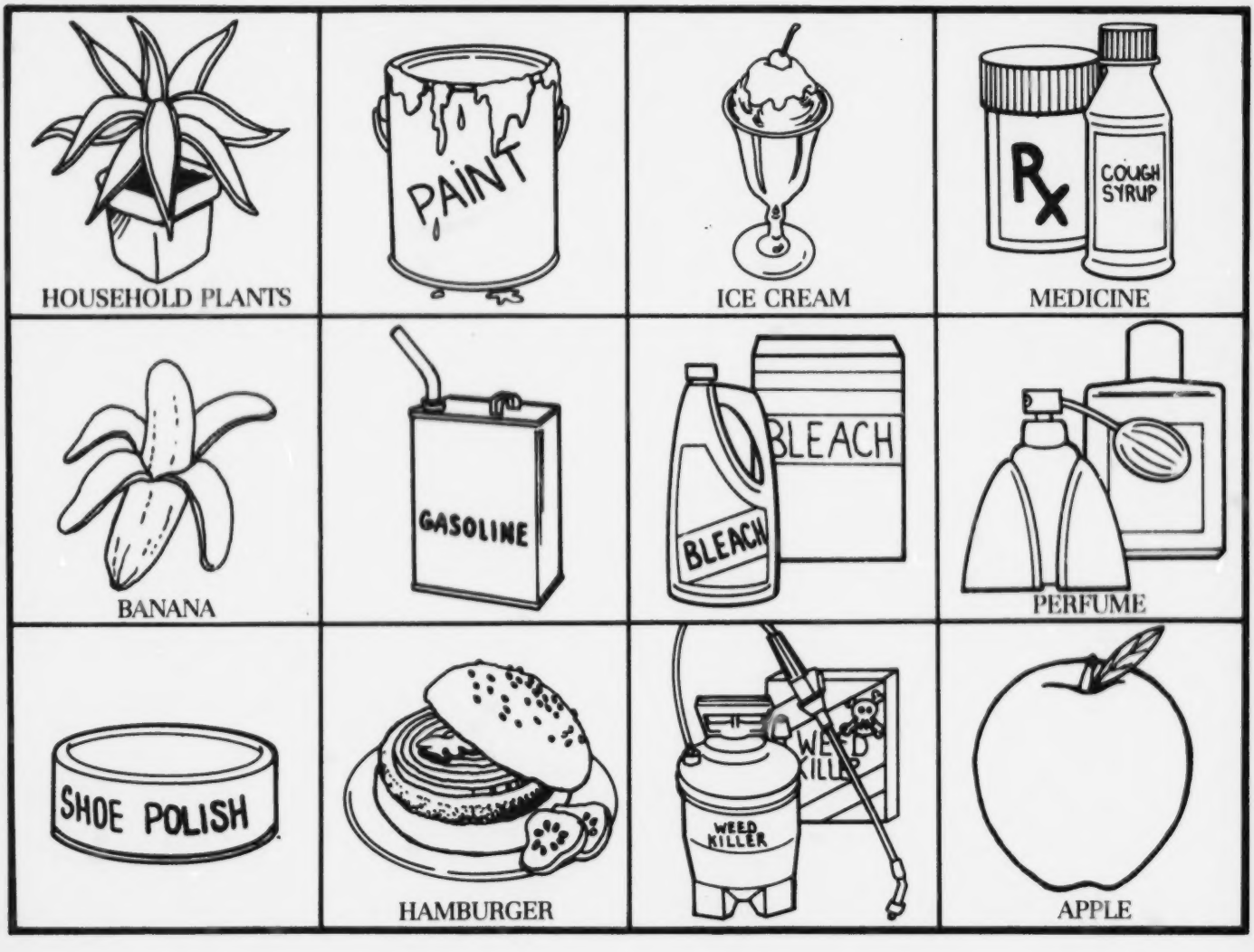
# HOUSEHOLD SAFETY

It is important to keep your home safe from accidents. Being able to tell if something is not safe is a way of helping to stop accidents. In the picture below, put an X on all the unsafe things in the house next door to the Healthy Hare Family. Make sure these things do not happen in your home.



# POISON SAFETY

There are lots of things that can poison you if you should swallow them. In the pictures below are some of the things that can poison you. In the pictures below make an X on the things that can poison you. REMEMBER: NEVER put anything in your mouth if you are not sure what it is!






**Answers:**

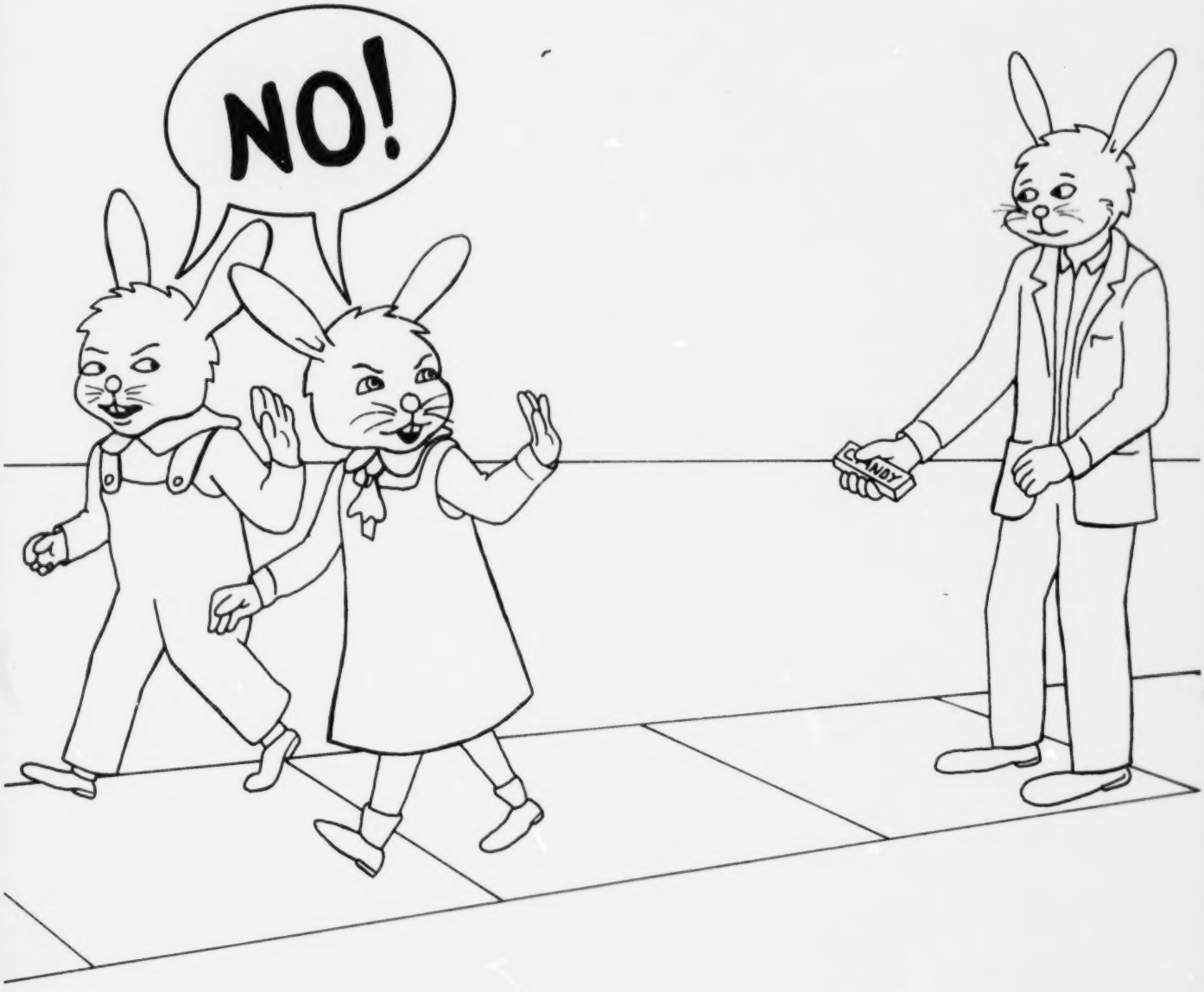
( Household plants, paint, gasoline, bleach, shoe polish, weed killer, medicine, perfume. )

## PERSONAL SAFETY

There are some important rules you need to know in order to stay safe. If someone you do not know offers you a gift, or asks you to go for a ride, you should:

1. SAY NO!
2. Walk away or run away!
3. Tell an adult you trust what happened right away.

Here is a picture of Herman and Henrietta saying "NO" and running away from a stranger offering them candy. Please color the picture.



For Further Information Contact:
Ohio Health Promotion Network
Ohio Department of Health
Division of Health Promotion and Education
P.O. Box 118
Columbus, Ohio 43226-0118
(614) 466-4626

Total copies printed: 50,000
Unit Cost: $.2246
Publication date: 9/90